

# EAST AREA FAMILY YMCA GROUP EXERCISE SCHEDULE

## March 6<sup>th</sup> – April 30<sup>th</sup>

Monday	Class	Instructor	Level
5:45am-6:45am	H.I.I.T. Training	Shauna P.	Beginner-Advanced
7:30am-8:25am	Yoga	Linda S.	Beginner-Advanced
8:30am-9:10am	Morning Movers	Sandy K.	Beginner-Advanced
9:15am-9:30am	Core Training	Patty R.	Beginner-Advanced
9:30am-10:25am	Body Combat	Patty R.	Beginner-Advanced
10:30am-11:25am	Healthy Back (Teen Center)	Erin M.	Beginner-Advanced
10:30am-11:25am	Total Body Strength	Jennifer K.	Beginner-Advanced
11:30am-12:10pm	Zumba Gold	Sandy W.	Beginner-Advanced
12:15pm-12:55pm	Yoga	Hareen K.	Intermediate-Advanced
1:00pm-1:55pm	Moving for Better Balance	Chris D.	Beginner-Advanced
2:00pm-3:00pm	Enhance Fitness	Sandy K.	Beginner-Advanced
3:55pm-4:25pm	CXWORX	Lee P.	Intermediate-Advanced
4:30pm-5:25pm	TurboKick	Betsy L.	Beginner-Advanced
5:30pm-6:25pm	R.I.P.P.E.D	Meredith A.	Beginner-Advanced
6:30pm-7:25pm	Total Body Strength	Colleen D.	Beginner-Advanced
7:30pm-8:30pm	Yoga	Mary H.	Beginner-Advanced
Tuesday	Class	Instructor	Level
6:00am-7:00am	Yoga	Linda S.	Beginner-Advanced
7:30am-8:25am	Zumba Gold	Trina D.	Beginner-Advanced
8:30am-9:25am	Focus on Fitness	Kim D.	Beginner-Advanced
9:30am-10:25am	H.I.T.T. Training	Shauna P.	Beginner-Advanced
10:30am-11:25am	NIA	Ellin A.	Beginner-Advanced
11:30am-12:30pm	Intro to Yoga	Ellin A.	Beginner
3:45pm-4:25pm	Yoga for Kids	Mary H.	Beginner-Advanced
4:30pm-5:25pm	Yoga	Linda S.	Beginner-Advanced
5:30pm-6:25pm	Zumba	Kelly K.	Beginner-Advanced
6:30pm-7:25pm	Booty Barre	Kelly K.	Beginner-Advanced
7:30pm-8:30pm	Yogalates	Colleen D.	Beginner-Advanced
Wednesday	Class	Instructor	Level
5:45am-6:25am	Body Combat Express	Patty R.	Beginner-Advanced
7:30am-8:25am	Chair Yoga	Chris D.	Beginner-Advanced
8:30am-9:25am	Zumba Gold	Marie T.	Beginner-Advanced
9:30am-10:25am	Total Body Strength	Patty R.	Beginner-Advanced
10:30am-11:25am	R.I.P.P.E.D.	Meredith A.	Beginner-Advanced
10:30am-11:00am	CXWORX (Sports Court 1)	Rachele W.	Intermediate-Advanced
11:30am-12:30pm	NIA	Sheila N.	Beginner-Advanced
1:00pm-1:55pm	Moving for Better Balance	Chris D.	Beginner-Advanced
2:00pm-3:00pm	Enhance Fitness	Sandy K.	Beginner-Advanced
4:45pm-5:15pm	CXWORX	Meredith A.	Intermediate-Advanced
5:30pm-6:25pm	Body Combat	Meredith A.	Beginner-Advanced
6:30pm-7:25pm	Total Body Strength	Bev. C	Beginner-Advanced
7:30pm-8:30pm	Restorative Yoga	Linda S.	Beginner-Advanced

<b>Thursday</b>	<b>Class</b>	<b>Instructor</b>	<b>Level</b>
5:45am-6:45am	H.I.I.T. Training	Shauna P.	Beginner-Advanced
7:30am-8:25am	Focus on Fitness	Patty R.	Beginner-Advanced
8:30am-9:25am	Zumba Gold	Sandy W.	Beginner-Advanced
9:30am-10:25am	Body Combat	Patty R.	Beginner-Advanced
10:30am-11:25am	Zumba	Kim D.	Beginner-Advanced
11:30am-12:30pm	Chair Yoga	Chris D.	Beginner-Advanced
2:00pm-3:00pm	Enhance Fitness	Patty R.	Beginner-Advanced
4:30pm-5:25pm	Yoga	Ellin A.	Beginner-Advanced
5:30pm-6:25pm	NIA	Ellin A.	Beginner-Advanced
6:30pm-7:25pm	3-2-1 Body Blast	Colleen D.	Beginner-Advanced
7:30pm-8:30pm	Zumba	Kelly K.	Beginner-Advanced
<b>Friday</b>	<b>Class</b>	<b>Instructor</b>	<b>Level</b>
6:00am-7:00am	Yoga	Linda S.	Beginner-Advanced
7:30am-8:25am	Morning Stretch	Patty R.	Beginner-Advanced
8:30am-9:25am	AOA Cardio/Strength	Sandy K.	Beginner-Advanced
8:45am-9:15am	CXWORX (Sports Court 1)	Lee P.	Intermediate-Advanced
9:30am-10:25am	Booty Barre	Maria M.	Beginner-Advanced
10:30am-11:25am	NIA	Kathleen C.	Beginner-Advanced
11:30am-12:25pm	Zumba	Kelly K.	Beginner-Advanced
4:30pm-5:25pm	Zumba	Kim D.	Beginner-Advanced
5:30pm-6:00pm	Zumba for Kids	Hareen K.	Beginner-Advanced
6:30pm-7:25pm	Vinyasa Flow	Hareen K.	Intermediate-Advanced
<b>Saturday</b>	<b>Class</b>	<b>Instructor</b>	<b>Level</b>
7:00am-7:55am	Yoga	Mary H./Linda S.	Beginner-Advanced
8:00am-8:55am	R.I.P.P.E.D.	Meredith A.	Beginner-Advanced
9:00am-9:55am	Booty Barre	Maria M.	Beginner-Advanced
10:00am-10:55am	NIA	Ellin A.	Beginner-Advanced
11:00am-11:55am	Zumba	Travvase S.	Beginner-Advanced
12:00pm-1:00pm	Simplicity X	Travvase S.	Beginner-Advanced
<b>Sunday</b>	<b>Class</b>	<b>Instructor</b>	<b>Level</b>
8:30am-9:25am	Yoga	Linda S.	Beginner-Advanced
9:30am-10:30am	CXWORX/Body Combat	Meredith A.	Intermediate-Advanced

All participants must be 8 years of age or older

